

What do I want in a home?

Use this tool in conjunction with the CBT problem-solving worksheet.

When looking for a rental apartment, identifying your criteria can be overwhelming. The considerations are extensive. However, you can rarely get everything you want! Below is a list of criteria and amenities to consider.

Select the ones that feel important to you.

Safety and Security:

1. Secure Entry: Controlled access to the building, ideally with a buzzer or intercom system.
2. Well-Lit Areas: Adequate lighting in hallways, parking lots, and around the building.
3. Security Cameras: CCTV in common areas and entrances.
4. On-site Security: Presence of security personnel.
5. Emergency Services: Proximity to fire stations and hospitals.
6. Safety Features: Smoke detectors, carbon monoxide detectors, fire extinguishers, and in-apartment security systems.

Location and Neighbourhood:

7. Proximity to Work/School: Reasonable commute times to work or school.
8. Public Transportation: Access to reliable public transportation.
9. Community: There are people I can connect with.
10. Amenities: Nearby grocery stores, pharmacies, parks, recreational centres.
11. Schools: Presence of appropriate school options, if children are involved.

Apartment Features and Amenities:

12. Size and Layout: Adequate space for the family's needs (e.g. bedrooms, bathrooms)
13. Appliances: Dishwasher, fridge, stove, and microwave. On-site laundry.
14. Heating: Reliable and efficient systems.
15. Air conditioning: central or window options.
16. Balcony: Private outdoor space.
17. Storage space: Closets and cabinets meet your needs.
18. Soundproofing: Fairly well-insulated walls (if you're a light sleeper).

Financial Considerations:

19. Rent: Within the budget, including potential rent increases.
20. Utilities: Understanding which utilities are included in the rent.
21. Parking: Availability and cost of parking spaces, if applicable.
22. Lease Terms: Length of the lease and conditions for renewal or termination.
23. Deposit and Fees: Understanding all upfront costs, incl. security deposit, pet fees, etc.

Building Amenities and Policies:

24. Maintenance/Repairs: Responsive and efficient handling of repair requests.
25. Cleanliness: Well-maintained common areas.
26. Elevator: Especially important if on a higher floor and/or if you have mobility challenges.
27. Pet Policy: If pets are involved, understanding the pet policy and any associated fees.

- 28. Guest Policy: Rules regarding visitors, if any.
- 29. Noise Policy: Regulations to ensure a peaceful living environment you and others.
- 30. Recycling and Trash Disposal: Convenient/hygienic trash disposal and recycling options.

Community and Social Aspects:

- 31. Community Spaces: Availability of lounges, courtyards, or service hubs.
- 32. Activity Options: Rec centres, gyms, walkable area for exercise.
- 33. Children’s Play Areas: Safe and well-maintained play areas for children.
- 34. Social Events: Community events to foster a sense of community among residents.

Health and Wellness:

- 35. Air Quality: Smoking policies and good ventilation systems.
- 36. Water Quality: Clean drinking water and running hot water (ask about disruptions).
- 37. Pest Control: Regular pest control measures to ensure a hygienic living environment.

Item number that you might not get	Possible solution or alternative

Item number that feels like a priority (this could be a ‘deal breaker’)	Rank the priority items further 1=Most important 5=Less important